Program Calendar

Dear CSCGP Members,

Did you know? In 2018, there were over 10,000 visits to our CSCGP sites! That’s approximately 49 visits per day! While this number is amazing, we know that there are many more people impacted by cancer living in the Greater Philadelphia area who have yet to find us. According to the CDC, in 2015 there were 79,335 new cases of cancer reported in Pennsylvania. In addition to clubhouse visits, our awesome volunteers provided outreach and information to almost 1,000 area residents and medical professionals in 2018. Yet, we still need to reach more people. Too often we hear “I wish I knew about CSCGP.”

Help us spread the mission so that no one faces cancer alone.

- Share a calendar or brochure with your doctor’s office. Ask if the office would like to receive our calendar monthly.
- Share a calendar with a friend or neighbor.
- Volunteer to outreach at local health fairs, cancer walks and community events. We will provide all the materials, you bring your friendly smile and passion for CSCGP.
- Follow @cscphilly on Facebook and Instagram. Share CSCGP posts and events with your friends via social media.
- Use social media to check-in when visiting Gilda’s Club (@gildas200) or The Suzanne Morgan Center (@ridgeland4100). “Laughing with friends & loving yoga today.”
- Invite friends and family to upcoming fundraising events.
- Invite friends and family to our many social events, such as the upcoming Survivorship Celebration Week.

June 2nd is the 32nd National Cancer Survivorship Day®, serving as a reminder to celebrate those who have survived, to inspire those who are recently diagnosed, to gather in support of families and outreach with the community. So whether you were just diagnosed, or finished treatment 5 years ago, we want to celebrate you! Program staff are busy planning an entire week of special events celebrating your journey. Keep an eye on weekly emails and social media for a full listing of events scheduled to begin June 1 and 2 at Doylestown Health & Wellness Center.

Here’s a sneak peek of what’s planned so far:

<table>
<thead>
<tr>
<th><strong>GILDA’S CLUB</strong></th>
<th><strong>THE SUZANNE MORGAN CENTER</strong></th>
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<tbody>
<tr>
<td><strong>Tuesday, June 4</strong></td>
<td><strong>Tuesday, June 4</strong></td>
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<tr>
<td>Talking about Complementary Therapies with Paula Beiger, <em>The Healing Memoir Guided Cure</em></td>
<td>Yoga for Survivorship Workshop</td>
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<td><strong>Wednesday, June 5</strong></td>
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<tr>
<td>Beaded Cancer Ribbons</td>
<td>Cooking w/ Chef Monica: Simply Healthy Nutrition</td>
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<td><strong>Thursday, June 6</strong></td>
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<tr>
<td>Celebration of Survivorship &amp; Lecture on Post Traumatic Growth with Dr. Pamela Ginsberg</td>
<td>Celebration of Survivorship</td>
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Locations
The Suzanne Morgan Center @ Ridgeland (Philadelphia) 215-879-7733
Gilda’s Club (Warminster) 215-441-3290
Abington Jefferson Health 215-481-4642
Doylestown Hospital 215-345-2022
Alliance Cancer Specialist @ The Cancer Institute of Doylestown Hospital
Alliance Cancer Specialist @ Grand View Outpatient Center 215-453-3300
Alliance Cancer Specialist @ Crozer Chester Medical Center 610-876-5166

Join Us
We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation meeting, check the calendar for dates and times. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

Check out page 4 for more information about The Children and Teens Program

Follow Us @ CSCPhilly On Social Media
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<thead>
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<th>Monday</th>
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<th>Saturday</th>
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</table>
| **May is BUSY!**  
National Bladder Cancer, Brain Cancer & Melanoma/Skin Cancer Awareness Month | Tai chi & Qigong  
9:30-11am  
Family & Friends Support Group  
11am-12:30pm  
Workout Wednesday  
1-2pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | Tai chi & Qigong  
9:30-11am  
Family & Friends Support Group  
11am-12:30pm  
Workout Wednesday  
1-2pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | Making Connections While Navigating Cancer  
11:30am-1pm  
Knitting Circle  
12-1:30pm  
Restorative Yoga  
1:30-2:30pm  
New Member Orientation  
6-7pm | | 1 |
| Writing About Your Cancer Experience  
10-11:30am  
Chronic Pain Support Group  
11am-12:30pm  
New Member Orientation  
11:30am-12:30pm  
Qigong  
1-2:30pm | Walking  
Meditation Series  
1:30-2:30pm  
Repose Yoga at Movement Rx*  
1:30-2:45pm | Tai chi & Qigong  
9:30-11am  
Family & Friends Support Group  
11am-12:30pm  
Workout Wednesday  
1-2pm  
New Member Orientation  
2-3pm  
Reiki Share  
2-3:30pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | Making Connections While Navigating Cancer  
11:30am-1pm  
Knitting Circle  
12-1:30pm  
Restorative Yoga  
1:30-2:30pm  
New Member Orientation  
6-7pm | | 2 |
| Chronic Pain Support Group  
11am-12:30pm  
Qigong  
1-2:30pm | Tai chi & Qigong  
9:30-11am  
Family & Friends Support Group  
11am-12:30pm  
Workout Wednesday  
1-2pm  
New Member Orientation  
2-3pm  
Reiki Share  
2-3:30pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | | | 9 |
| | | | | 11 |
| Ridgeland Art Collective: Open Art Studio  
10:30am-12pm  
Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society  
1-2:30pm  
Walking Meditation Series  
1:30-2:30pm  
Repose Yoga at Movement Rx*  
1:30-2:45pm | | | | 15 |
| Chronic Pain Support Group  
11am-12:30pm  
Qigong  
1-2:30pm | | | | 16 |
| | | | | 18 |
| New Member Orientation  
10-11am  
Walking Meditation Series  
1:30-2:30pm  
Repose Yoga at Movement Rx*  
1:30-2:45pm | | | | 22 |
| Chronic Pain Support Group  
11am-12:30pm  
Qigong  
1-2:30pm | | | | 23 |
| | | | | 25 |
| Ridgeland Art Collective: Open Art Studio  
10:30am-12pm  
Living Well with Metastatic Breast Cancer  
11am-12:30pm  
Repose Yoga at Movement Rx*  
1:30-2:45pm | Tai chi & Qigong  
9:30-11am  
Family & Friends Support Group  
11am-12:30pm  
Supportive Care: How Can It Help?  
12-1pm  
Workout Wednesday  
1-2pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | Making Connections While Navigating Cancer  
11:30am-1pm  
Knitting Circle  
12-1:30pm  
Restorative Yoga  
1:30-2:30pm  
New Member Orientation  
2-3pm  
Survivor’s Story  
2-3pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | | | | 30 |
| CLOSED | Tai chi & Qigong  
9:30-11am  
Family & Friends Support Group  
11am-12:30pm  
Supportive Care: How Can It Help?  
12-1pm  
Workout Wednesday  
1-2pm  
Movement & Meditation  
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2-3pm  
Survivor’s Story  
2-3pm  
Movement & Meditation  
5:30-7pm  
Bereavement Support Group  
6-7:30pm | | | | 30 |

Please call 215-879-7733 to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 4100 Chamounix Drive, Philadelphia, PA 19131 • *Movement Rx is located at 333 E Lancaster Avenue, Suite 4, Wynnewood, PA 19096. The class is a suggested $5 donation, which is not affiliated with the Cancer Support Community of Greater Philadelphia. The studio can be reached at 610-896-1575.
Thinking of Joining CSCGP?

We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation Meeting, check out the calendar below for dates and times. Please RSVP to 215-879-7733 or 215-441-3290. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

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<th>Monday</th>
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<tbody>
<tr>
<td>Tai chi</td>
<td>Pilates</td>
<td>Chair Yoga • 9:30-10:30am</td>
<td>NIA Presented by the Bob Brockman NIA Fund</td>
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<td>Reiki Share 10:30-11:30am</td>
<td>Living with Cancer Support Group 1-2:30pm</td>
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<td>with Melissa</td>
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<td>Beaded Jewelry Making 1-3pm</td>
<td>Cooking Club: Meatless Meals 3-5pm</td>
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<td>Crochet Club:</td>
<td>Spring Card Making</td>
<td>Strategies for Survivorship Week 2 6-8pm</td>
<td>New Member Orientation 5-6pm</td>
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<tr>
<td>Water Bottle Sling</td>
<td>6-8pm</td>
<td>Yoga 6:30-7:45pm</td>
<td>Medical Marijuana Enrolment Helpdesk 5-8pm</td>
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<td>11am-12:30pm</td>
<td>Garden Club: Herbs</td>
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<td>Crochet Club:</td>
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<td>Strategies for Survivorship Week 4 6-8pm</td>
<td>New Member Orientation 5-6pm</td>
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<td>Orientation</td>
<td>Support Group 1-3pm</td>
<td>Yoga 6:30-7:45pm</td>
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<td>Ovarian Cancer</td>
<td>Breast Cancer Networking Group 6:30-8pm</td>
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<td>Coloring Club:</td>
<td>Living After Cancer</td>
<td>Strategies for Survivorship Week 5 Offsite @ The Cornerstone Club 6-8pm</td>
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<td>Nature Scenes</td>
<td>Support Group 1-3pm</td>
<td>Yoga 6:30-7:45pm</td>
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<td>11am-12:30pm</td>
<td>Mindful Meditation</td>
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<td>Crafts with Ellen</td>
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<td>Journaling &amp; Beyond: Writing for Health &amp; Happiness 10-11:30am</td>
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Please call 215-441-3290 to register for all activities. If you no longer can attend, kindly call us to cancel. Our address is 200 Kirk Road • Warminster, PA 18974. All NIA classes offered by CSCGP are generously supported by the Bob Brockman NIA Fund.
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<thead>
<tr>
<th>Tuesday</th>
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<td>Family Times:</td>
<td>Hang Out 6:30-8pm</td>
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<td>Tasty Tuesdays</td>
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<td>Craft Studio:</td>
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<td>Outdoor Crafts</td>
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To request information or to register please contact:
At Gilda's Club – Christina at 215-441-3290 • christina@cancersupportphiladelphia.org
At Ridgeland – Chinwe at 215-879-7733 • chinwe@cancersupportphiladelphia.org

Please register 48 hours in advance unless otherwise indicated.
Children & Teens Program

Family Times: Baking with Suzanne
Tuesday, May 7 • 6:30-8pm
Suzanne loves to bake! She always plans a fun hands on baking experience. The entire family will get to bake, eat and make enough to take some home.

Living with Loss: Celebration of Life
Wednesday, May 8 • 6:30-8pm
Bereavement Group for those who lost their person to cancer. We use art, games and activities to facilitate our discussions. A separate group for parents/guardians coincides. Contact Christina to sign up. This month we will be remembering our special person.

Craft Studio: Outdoor Crafts
Tuesday, May 14 • 6:30-8pm
We will be making some outdoorsy crafts. Save 2 liter soda bottles. We will be planting, painting and using flowers. Sign up by Monday, May 13.

Teen Art Expressions • Wednesday, May 15 • 6:30-8pm
We are creating a piece of art on canvas using a tutorial. You can add your own ideas or do it just as in the example. Open to all 6th graders and up.

Youth Activities Committee
Wednesday, May 22 • 6:30-8pm
A great opportunity to give back to CSCGP and to get some volunteer hours in for school. This is open to all tweens and teens who are members or volunteers. Sign up by noon each day. We will be working on projects for our upcoming groups and events.

Dinner & A Movie • Tuesday, May 28 • 6-8pm
We will vote on the meal & movie a couple weeks before the date. Come out in your PJs. Bring your favorite blanket and pillow. Be sure to sign up.

Open Art Studio • Wednesday, May 29 • 6:30-8pm
Art opens so many doors for us to express ourselves. We all have different choice media that we like to use. Enjoy a space and supplies to create anything on your mind. Open to all ages.

Homework Help with Joseph • Thursdays • 6:30-8pm
Why did the two 4s skip lunch? Because they already 8. Joseph can offer you help with anything from basic arithmetic to trig. If this time does not work for you call to schedule an appointment. How does a mathematician induce good behavior in his children? “I’ve told you n times, I’ve told you n+1 times ...”

Hang Out • Various Nights • 6:30-8pm
While parents/guardians are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program.
Satellite Locations

Abington Jefferson Health
Asplundh Cancer Pavilion • 215-481-4642
Open Mondays • 3941 Commerce Ave. • Willow Grove, PA 19090
Located on the 1st floor next to Image Recovery.

Doylestown Hospital • 215-345-2022
Open Tuesdays & Thursdays
595 West State Street • Doylestown, PA 18901
Located on the hospital's first level near the main entrance.

May 6 – 10-10:50am Chair Yoga
11am-12:30pm Living With Cancer Support Group
1-2pm NEW! Colorectal Cancer Networking Meeting

May 13 – 10-10:50am Chair Yoga
11am-12:30pm Living With Cancer Support Group
1-2:30pm Writing for Health & Wellness

May 20 – 10-10:50am Chair Yoga
11am-12:30pm Living With Cancer Support Group
1-2pm Prostate Cancer Networking Group

May 27 – CLOSED in observation of Memorial Day

For more information or to register for an event email bethc@cancersupportphiladelphia.org

Join us behind the Red Door located on the corridor off the Main Lobby; second door on the right

TUESDAYS

May 7 – 12-1pm Mindfulness Meditation
2-4pm Watercolor Basics Workshop
5-6pm All Levels Yoga • 6-7pm Pilates with Sheila
7-8:30pm Bereavement Support Group
7-9pm Reiki/Meditation

May 14 – 11am-12:30pm Living with Cancer Support Group
2-4pm Watercolor Basics II Workshop
5-6pm All Levels Yoga • 6-7pm Pilates with Sheila
7-8:30pm Breast Cancer Support Group
Speaker Physical Therapist, Joanna Earley.
Individuals with any cancer diagnosis struggling with Lymphedema are welcome to attend.

May 21 – 12-1pm Mindfulness Meditation
2-4pm Beyond Basics Watercolor Workshop
5-6pm All Levels Yoga • 6-7pm Pilates with Sheila
7-8:30pm Prostate Cancer Support Group
Speaker Dr. Ruenes, Urologist

May 28 – 11am-12:30pm Living with Cancer Support Group
2-3:30pm Brain Cancer Networking Group
5-6pm All Levels Yoga • 6-7pm Pilates with Sheila
7-8:30pm Young Adult (17-29) Support Group

THURSDAYS

May 2 – 11am-12:30pm Colorectal Cancer Support Group
12:30-1pm Ostomy Support Group

May 9 – 11am-12:30pm Pancreatic Cancer Support Group
12:30-1pm Mindfulness Meditation

May 16 – 11am-12:30pm Blood Cancer Support Group
12:30-1pm Mindfulness Meditation

May 23 – 11am-12:30pm Gynecological Cancer Networking Group
12:30-1pm Relaxation Workshop

May 30 – 11am-1pm Art Workshop: Watercolor Painting

Please Note: FREE Valet Parking is NOW Available at Doylestown Hospital, tipping is not allowed. Valet is available at the Main Entrance from 7am to 5pm and at the Pavilion from 7:30am to 4:30pm. Cancer Support Community members are welcome to use valet for attending our CSC programs. Please feel free to use this service when coming to treatment or programs at the hospital.
Gilda’s Club (Warminster)

Crochet Club: Water Bottle Sling
Monday, May 6 • 11:30am-1pm
In crochet club this month, we’ll learn how to crochet a water bottle sling to carry your water on nice spring walks! Bring your favorite yarn if you have a color preference; otherwise, choose from our stash at the clubhouse! This is a beginner’s pattern, so if you know how to do a basic stitch, this club is for you!

Clubhouse Clean Up! • Wednesday, May 8
We are going to look fresh as new soon! We’ve got a great group of volunteers coming in to give the house a fresh coat of paint on May 9th. In preparation for that, we need to get the house cleaned up and organized! So if you can spare some time on the 8th please stop by and help us get ready! We will be emptying book shelves, moving some furniture, and doing some light cleaning. Anyone that has an hour to spare would be greatly appreciated!

Inspiring Women Book Club: I Am Malala
Thursday, May 16 • 6-7:30pm
Pick up a copy of Malala Yousafzai’s I Am Malala at your favorite bookstore or library, and then join us for a night of discussion about this inspirational young woman’s writing. Coffee, tea, and light refreshments will be available while we chat.

Qigong for Loss & Grief
Thursday, May 23 & 30 • 10-11am
Most people associate grief with the loss through death of a loved one or a pet. However, grief can also occur when one suffers any kind of loss, e.g. a job, relationship, health and any major disappointment. According to Traditional Chinese Medicine, the emotions of sadness, grief, loss and disappointment are stored in the lungs and heart. Qigong is a simple and easy to learn practice that helps you to release these negative emotions. It can be practiced by anyone, any age, sitting or standing. When we release the negative emotions of pain, loss and grief, we allow the positive emotion of courage to come forth. Qigong is simple, easy to learn and has profound results. Join Mary Alice Santoro, R.N., Reiki master and Qigong Practitioner/Teacher as she leads us through this process to help release pain and fill the void with courage.

Neuropathy Networking Group
Thursday, May 30 • 6:30-8pm
Do you struggle with symptoms of neuropathy from treatment? Meet others who are dealing with the same issues, discuss coping strategies and share ideas in this new symptom management group. We will have an activity to support neuropathy symptom relief, followed by discussion and networking time.

The Suzanne Morgan Center at Ridgeland (Philadelphia)

Bereavement Support Group Series
Wednesdays, May 1 through June 29
The purpose of this group is to provide a compassionate space for members who have lost a loved one to cancer. The group will run for 8 weeks. This group is not a drop-in group, so registration and a meeting with the group facilitator is necessary before joining this group.

Chronic Pain Support Group
Mondays, May 6 through June 24 • 11am-12:30pm
(No session Monday, May 27)
In this 8-week support group series, members will explore various approaches to coping with chronic pain, including cognitive behavioral therapy, movement therapy, and mindfulness practices. This group will aim to create a community of support and understanding around the chronic pain experience, and nurture a positive relationship with one’s own body.

Informed Care Planning: Demystifying Documentation
Thursday, May 16 • 6:30-8pm
A conversation with Advanced Care Planning Specialist Kayleen Oliver, MA, LAC. Build on previous informed care programing by discussing ways to integrate your values and preferences into your healthcare conversations. Learn how advanced care planning can support you as an individual, offer a higher quality of life during treatment, and reduce stress among loved ones and caregivers. This program offers an opportunity to speak more in-depth about completing and sharing documentation, medical decision-making, and advanced care planning.

Supportive Care: How Can It Help?
Wednesday, May 29 • 12-1pm
Navigating through the health continuum can be difficult. Supportive services can be helpful in providing relief of symptoms, improving quality of life, and addressing the pain and stress patients and their families often experience when faced with a serious illness/cancer diagnosis. Representatives from the Visiting Nurse Association of Philadelphia will offer this informative program and be able to answer questions. Refreshments will be provided.

Cancer & Careers Webinar & Discussion: Working Through Treatment • Thursday, May 30 • 6-7:30pm
For this session, we will watch a webinar and engage in discussion afterwards. The Working Through Treatment webinar is presented by Cancer & Careers, and will cover many aspects of working through treatment, include disclosing your diagnosis, workplace laws to protect you, how to arrange accommodations under the ADA laws, and managing side effects of treatment while working.